

GREEN HILLS *now*:

WINTER 2017 | VOLUME 3 | NUMBER 2



Shopping sustainably

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Preserving the old, embracing the new

By John Lowry, J.D.

Around the time of the new year, as a new semester is beginning at Lipscomb University, I sometimes begin to get a little nostalgic, seeing all the reviews of the past year. Certainly 2017 was a year filled with massive political and societal changes in our nation and around the globe.

Change is certainly occurring all around us in the Green Hills/Oak Hill neighborhood. Homes continue to be re-built in larger footprints; city officials are working to improve traffic flow in Green Hills; community advocates are pushing for positive moves toward walkability; Hillsboro High School is getting a facelift; and two of the largest developments ever in the Green Hills' business district will be opening their doors in 2018 (see page 6).

Change can be scary at times, but it can also be an opportunity for growth. It's important to value both our current way of doing things, often built on a foundation of past success, and to value the opportunity in trying something new to maximize benefits for those around us.

In 2017, Lipscomb found itself in a position to not only preserve an important piece of our neighborhood's history, but to also take advantage of an opportunity to bring growth.

Thanks to a gift by Nashville resident and businessman George Shinn, Lipscomb is now the owner of the Sound Emporium, a historic landmark where many milestones in Nashville's music history have taken place. It is important to Lipscomb's leaders to preserve that history and continue its success in an industry that has meant so much to Nashville.

The gift also made possible the George Shinn Events Center, a future 33,000-square-foot on-campus venue intended to provide new arts performances, education and community engagement opportunities for the community as well as students. Taking advantage of professional entertainment options will be more convenient than ever before for those of us who live near the Lipscomb campus.

Just last month, Lipscomb hosted one of our neighborhood's oldest and most exciting traditions:

The Battle of the Boulevard, held since 1953 when Belmont and Lipscomb, located just three miles apart, faced off for the first time. We are certainly celebrating as Lipscomb won both games against the Bruins this year.

And in trying something new for 2018, Lipscomb would like to invite you to join in the fun of competitive NCAA sports on campus. The university is reserving a dozen free tickets for you, our neighbors, for any athletic event throughout the winter and spring, including basketball, baseball and more. **If you would like to attend, please call 615-966-1962 to reserve your tickets.**

Preserving the old, while embracing the new. Learning from our history to provide exciting new opportunities. That's a good formula for dealing with change as we embark on 2018.



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U.S. Post Office, Lipscomb University 615.966.6274

U.S. Post Office, Melrose 615.385.5390

Davidson County Public Works 615.862.8750

www.nashville.gov/Public-Works/Neighborhood-Services.aspx

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Non-emergency number 615.862.8600

Midtown Hills Precinct Commander: Kay Lokey 615.880.1411

www.nashville.gov/Police-Department

Nashville Fire Department 615.862.5230

www.nashfire.org

Lipscomb University started its 2017-2018 school year this past fall celebrating a new record with 23 percent of the student body coming from a diverse background. In addition, retention of students also met new highs.

Nashville Metropolitan Transit Authority 615.862.5950

Access Ride Program 615.880.3970

University Connector Bus Routes:

www.nashvillemta.org/Nashville-MTA-Maps-and-Schedules.asp

www.nashvillemta.org

Oak Hill Garbage Pickup/Chipper and Leaf/Limb Pickup

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Positive changes coming to Green Hills

By Russ Pulley

In the upcoming months and year, Green Hills will begin to see some positive changes.

The realignment of Glen Echo and Hillsboro Road is at the end of the property acquisition phase which we believe will be completed very soon. We have also begun some early portions of the engineering and design phase dealing with infrastructure below ground. Once we get deeper into engineering and design, there will be a number of impacted property owners we will reach out to prior to any final design plans.

Metro's plan is to transfer the CVS to the north side of Crestmoor, where Krystal was located. The spot where the CVS stood will be utilized to realign the intersection to better serve the growing traffic and congestion of Green Hills. We do not have a timeline for beginning construction yet due to uncertainties regarding engineering and design which are out of our control. We hope to begin as quickly as possible.

Furthermore, Hillsboro High School will begin construction on renovating and constructing their new building. The construction will take about three years to complete. With the new building, Hillsboro High School will reflect the modernized vision for the Green Hills area and display how much the Nashville community values education. We ran into some issues with pricing as the bidding process revealed that the cost will be over budget. We are working through that now and it should be resolved within the next few weeks with minimal disruption to the current plan.

Additionally, Mayor Megan Barry's bold transit plan will be voted on in the spring of 2018. The plan will not only affect the downtown area but also surrounding areas including Green Hills. In the plan, Hillsboro road will have its own transit center that will have a new rapid bus system. This system would head towards another transit center that connects with West End. Then, it will head straight to downtown. If the transit plan is approved, four taxes will be raised in order to help pay for the system: sales, hotel, rental car and business taxes.



Russ Pulley, District 25 Council Member
Councilman Russ Pulley invites you to contact him at 615.308.4972 or russ.pulley@nashville.gov anytime.

Freebirds World Burrito to open in February

Freebirds World Burrito
3800 Hillsboro Pike
freebirds.com
Burritos, tacos, salads and
quesadillas for \$8-\$12

To open in February 2018. Take-out orders delivered to you in the parking lot. The Green Hills location plans to offer delivery through a third-party online delivery service.

Owners? Freebirds is a Texas-based chain owned by the Tavistock Group and incorporating almost 100 sites nationwide. The Green Hills location is its second location in Tennessee. The first Tennessee location opened in Murfreesboro in July, but locals have been enjoying Freebirds burritos from a food truck at local events since 2016.

What do you serve? Build-your-own Tex-Mex fare made that day from scratch with all fresh ingredients. Nothing frozen. Unusual and rare offerings such as cayenne tortillas, creamy jalapeno sauce, three sizes of burritos, corn salsa and Magic Mallows for dessert.

Signature Dish? The Freebirds burrito, completely customized.

What's so special about you? According to Adrienne Firth, senior regional manager of the Tennessee market, Freebirds had bold, out-of-the-box

thinking ingrained into it since its birth. In fact, the restaurant's name was inspired by Lynyrd Skynyrd's defiant act refusing to shorten the song "Freebird" for radio airplay, she said.

So not only does the restaurant serve bold food, but it takes an individualist approach to its employees (outlawing uniforms), décor (there is a "Foil Wall" where guests can create art with the burrito wrappings and leave them for future guests to enjoy), the music they play (which does include Lynyrd Skynyrd) and the customer service (employees, or "The Tribe" as they are called, visit each customer as they dine and ask what they can do better).

What are you up to, neighbor? Freebirds restaurants nationwide strive to be an integral part of their community, said Firth. In fact, each location includes a brick wall at the counter in honor of the original Freebirds' wall built from bricks gathered around its community in College Station, Texas.

The Murfreesboro location has partnered with Middle Tennessee State University and local schools for fundraising events, provided in-kind donations to the Muscular Dystrophy Association and provided discounts for students and law enforcement. And Green Hills residents can expect more of the same, she said.



Shop sustainably

Give a gift to the world year-round

The Well Coffeehouse, 4002 Granny White Pike, uses all its profit to dig water wells in developing countries.

All the world over, nations focus on giving to others at Christmas. But after the holidays, you can continue to focus on giving and improving our world overall by doing even more shopping, specifically at social enterprises, a new style of business cropping up in neighborhoods across the nation including quite a few in the Green Hills and Oak Hill area.

A social enterprise is a type of company that allows its customers to actually help solve a problem in the world simply by making a purchase they would probably make anyway.

"A social enterprise seeks to empower the consumer to use their purchasing power to create an impact and to do good in the world," said Rob Touchstone, an instructor in social entrepreneurship at Lipscomb University and co-founder of The Well, a Granny White Pike coffeehouse.

"A social enterprise is a business with a goal to develop a sustainable solution to a societal problem through selling a product or service," Touchstone said. "For a traditional business the typical bottom line is to maximize stakeholder or shareholder value. But for a social enterprise there are multiple bottom lines, such as utilizing profits to improve people's lives, addressing poverty cycles, developing sustainable solutions, empowering the marginalized and caring for the environment."

The trend to establish such businesses is growing, and it turns out there are quite a few spots just down the road where you can simultaneously shop for yourself while also helping others you don't even know.

The Well Coffeehouse

Enjoy gourmet food and coffee while also giving at-risk populations in developing countries the gift of water.

The Well (4002 Granny White Pike, www.wellcoffeehouse.com), a nonprofit established in Green Hills in 2012 that relocated to its Granny White location in 2014, uses all its profits to dig water wells in developing countries around the world. Since its establishment, it has built 20 wells and reservoirs in locations such as Togo, Malawi, Congo, Chad, Kenya and Uganda and even a Navajo reservation in the U.S.

Recipients of a gift card from The Well will likely be excited to know that earlier this year the coffeehouse has expanded its menu to include several gourmet food options. Now customers can find a peanut salad, a steak and chimichurri sandwich, bagels, breakfast biscuit sandwiches and granola on the menu.

Ten Thousand Villages

Purchase jewelry, accessories and home décor to help an artisan in a foreign land build their home and economic security.

The Ten Thousand Villages (3900 Hillsboro Pike, #20, www.tenthousandvillages.com) network of store nationwide was one of the original social enterprises as a Mennonite missionary in 1947 began selling embroidery work from ladies in Puerto Rico in 1947. In 1970, her operation had grown to the point where the Mennonite governing body took on its operation and set up the Ten Thousand Villages retail stores across the nation, said Green Hills store Manager Jo Brummitt.

The organization is a nonprofit social enterprise that partners with 123 independent small-scale artisan groups, co-ops and workshops to bring their wares to the American market. Since its founding, \$140 million in sustainable income has been earned by artisans in close to 30 countries who would otherwise be unemployed or underemployed.

Ten Thousand Villages is a fair trade pioneer who ensures their suppliers are paid a living wage for their product upfront, no child labor was involved, men and women are paid equally and the product is environmentally sustainable, among other fair trade principles.

The shop in Green Hills has been in operation for 15 years, and is well known for its annual selection of unique nativity sets at Christmas. They offer sets made from olivewood and cinnamon bark pieces to sets made of candles or pottery. The store



- 01 Ten Thousand Villages, 3900 Hillsboro Pike
- 02 Good Spread, available at Kroger groceries
- 03 Ex Voto Vintage, 2209 Bandywood Drive
- 04 Thistle Farms, available at Whole Foods

also recently added a men's section. The purchase of a new line of organic cotton socks for men will also benefit other organizations such as helping to cure HIV or buying books for children.

Hello Friday

Buy clothing from the new Hello Friday store in Bandywood, the fun clothing company, and you'll be bringing a little fun to a terminally ill child in China.

Opened in October, the Hello Friday (4113 Hillsboro Pike) clothing store was established to provide a sustainable source of revenue for Butterfly Children's Hospice, an organization in China that cares for children with life-limiting conditions and life-threatening illnesses. For every \$15 spent in the store, \$1 goes to the hospice and half of the sale price of red, blue and yellow colored items benefit the hospice.

CEO Raj Singh and Hello Friday designer Pam Singh learned of the hospice through family connections almost 10 years ago and they have been working ever since to raise funds for the hospice in China and America. The hospice has grown from serving just a few children with almost no medical supplies to serving 112 children with medical and emotional care every day, said Raj Singh.

The Singhs had been designing clothes for other companies for some years, but this year they decided to design and manufacture their own clothing brand, and Hello Friday was born, sporting a fun frog named Freddie as a trademark on their polo shirts. The shirts also feature a patented loop that hold sunglasses and keep them from falling out of the shirt when the wearer leans over.

Hello Friday sells American-made casual clothes for men and women and accessories.

Good Spread

Gourmet peanut butter makes a great meal for anyone, and fortified, peanut butter-based therapeutic food heals 96 percent of the malnourished, poverty-stricken children who eat it.

Good Spread, a company established locally by Christian university alumni, offers an organic peanut spread in honey, chocolate pretzel, honey banana and unsweetened flavors and purchases a packet of MANA Ready-To-Use Therapeutic Food for malnourished children for every jar sold.

Good Spread brands are available at the Kroger stores in Green Hills, on 21st Avenue and on

8th Avenue in Melrose. The spreads, and gift cards, can also be purchased online at www.helpgoodspread.com.

Ex Voto Vintage Jewelry

Vintage jewelry brightens up any outfit, and the proceeds will brighten the day of a child suffering from brain cancer.

Ex Voto Vintage Jewelry (2209 Bandywood Drive, exvotovintage.com) features the jewelry of Elizabeth Adams, whose young daughter died of a brain tumor in 2009. Adams later created Ex Voto and a portion of the sales go to The Cure Starts Now Foundation for Pediatric Brain Cancer Research.

Ex Voto is a collection of one-of-a-kind and limited edition pieces created by Adams from antique elements. Designs combine vintage lockets and pendants with semi-precious stones, vintage crystals, freshwater pearls, premium leather and chain heavily plated in 18K gold.

Thistle Farms

Spread the healing power of love to women who have survived addiction, trafficking and prostitution while enjoying the healing power of body balms and lotions.

The Nashville-based nonprofit Thistle Farms provides women survivors safe and supportive housing and opportunities for economic independence through several social enterprises, including a natural body and home product company.

Lotions, body washes, balms, shave gels, oils, candles and lip balms are among the many Thistle Farms products sold at Whole Foods, Pangea, White's Mercantile, the Frothy Monkey, Burger Up and The Well Coffeehouse. Products are also available online at www.thistlefarms.org.

The Cookery

Enjoy a plateful of delicious entrees while making a plateful of hope available to Nashville's homeless.

At The Cookery (1827 12th Ave. S., www.thecookery.org) restaurant in 12 South, all revenue goes to cover café expenses and the operation of Lambscroft Ministries, serving Nashville's homeless with shelter, food and spiritual enrichment. In The Cookery kitchen, formerly homeless students are trained and equipped in culinary techniques and food safety in order to prepare them for employment in Nashville's food industry.

The restaurant serves breakfast all day, salads, burgers, sandwiches, baked potatoes and tacos as well as several Australian-inspired dishes such as the Down Under Wonder Blunder burger, an Aussie-style meat pie and Aussie sausage roll.

Natalie's Office Spa comes to Granny White shops



Natalie's Office Spa, 4008 Granny White Pike, one of the newest offerings in the Granny White shops, held its grand opening in November.

The three rooms nestled behind Joe's Barber Shop are Natalie Gilbert's brick-and-mortar location to serve individual clients, but she carries out her massage treatments and wellness education services in offices throughout Nashville, such as Postmates and Lipscomb University, as she caters to companies looking to provide coveted wellness benefits to their employees.

Companies trying to attract the top talent are using wellness benefits to attract the best potential employees, said Gilbert, who was trained in massage at the National Holistic Institute in Los Angeles and earned her business degree from Lipscomb University.

Companies offering either full-body or in-chair massage therapy to their employees not only attract better talent, but they also enhance productivity, lower the number of sick days and engender goodwill among their employees, she said.

"If you can bring a relaxing massage to your employees, you can completely change the office environment," she said.

Gilbert offers a range of massage services at the location including Swedish, deep tissue, hot stone, pre-natal, acupressure, Thai and Shiatsu. She offers spa services such as body scrubs, wraps and aroma therapy. She can also provide advice on beneficial stretches, posture improvement and other wellness topics.

After her training in California, Gilbert worked at the Mokara Salon and Spa at the Omni Nashville Hotel during her college career. Gilbert said she strives to use "all the tools in her tool belt" to customize her service for each clients' needs.

Natalie's Office Spa is a member of the Nashville Chamber of Commerce. Get more information at www.nataliesofficespa.com or contact her at nataliesofficespa@gmail.com.



New projects change the skyline and character of Green Hills business district

In 2018, the Green Hills business district promises to look very different than it did in 2017. Where construction cranes once stood this past year, will be two new multi-story developments, one residential and one providing hotel space, and a new portion of Green Hills Mall.

The first to come online will be the \$125 million Vertis Green Hills, an 18-story residential and commercial complex developed by Southern Land Company at Richard Jones Road and Hillsboro Pike. A grand opening for Vertis is planned for the spring.

Pre-leasing for the 310 apartment homes began in October and they are expected to be ready for residents in February. Following that, businesses will be moving into the 80,000 square feet of commercial space between February and the spring, said Andy Ecton, the marketing director for Southern Land Company.

Among the businesses who have already signed leases in the space are True Food Kitchen and Char restaurant. The second floor of retail space will be all health and wellness services such as Core Power Yoga, SculptHouse and La Bella E Famosa spa, Ecton said.

When it comes to retail, the developers want to bring high-end, local businesses to Green Hills,

when possible, said Ecton. For example, the owners of Char already have two restaurants in Nashville and are planning to open a fourth, Etc., in a second Green Hills location. La Bella is a Franklin-based spa opening its second location.

While the development does include an underground parking garage for primarily residents, the development is designed to encourage residents to explore Green Hills on their feet, and thus not add to the daily congestion in the area, said Ecton.

Last year, Southern Land CEO Tim Downey noted in a Nashville Business Journal article that the company was willing to invest up to six figures to improve sidewalks in Green Hills, even beyond the 12-foot sidewalks the developer is building around Vertis. In the article, Downey said he was working with neighboring property owners and the city to develop a plan to better connect foot traffic from Vertis to Green Hills Mall and the Hill Center Green Hills.

Next, opening this fall, is the 10-story Belle Grand development, at 2400 Crestmoor, which will house both a luxury full-service Hilton hotel and an upscale, metropolitan Marriott Residence Inn, as well as 30,000 square feet of Class A office space and 4,000 square feet of boutique retail.

With 210 rooms and a rooftop terrace and pool, the Hilton hotel will be the biggest hotel in Green Hills, said Bill Dickerson, CFO for Chartwell Hospitality, the Nashville-based developer creating the new complex.

Chartwell is Nashville's second-largest hotel owner (behind Gaylord) and the company developed the Marriott Courtyard, located just behind the Belle Grand site, in 2010. The success of the Marriott Courtyard gives Chartwell leaders confidence in the success of the more ambitious Belle Grand complex.

The Green Hills location was attractive because "in the hotel world today, people want a lifestyle experience," said Dickerson. Located within walking distance of the mall with eateries, cinemas and retail, the space offers an exciting location where visitors can entertain themselves in the evening, he said.

Within the hotels themselves will be multiple restaurants, including a skybar patterned after trendy skybars in New York and London. Both the hotel and the multi-use building next door will have large windows on the top floor to take advantage of views stretching to downtown, and the multi-use building will have a large outdoor, rooftop event space.

Later in 2018, Chartwell will install a three-way intersection at Crestmoor Road and Cleghorn Avenue, eliminating the straight lane on Crestmoor leading to Bedford Avenue and creating a pocket park in the triangular area instead. Speedy traffic in that lane has long concerned the neighborhood, so working with city councilman Russ Pulley, Chartwell collaborated on a plan for the park and will donate it to the city, providing more green space for residents and hotel guests alike, Dickerson said.

"It makes it a more walkable neighborhood," he said. "Green Hills is clearly developing as a true regional center for retail, for office and residents," said Ed Cole, executive director of the Alliance for Green Hills which is working with the Nashville Design Center to improve Green Hills' walkability in light of current and future expected development.

The civic group is working to find funding to design and buy directional signs, maps and marked

street crossings for Green Hills. "Our goal would be that wherever you are in Green Hills we should make walking a real option."

The year 2019 will debut even more of those "lifestyle experiences" in the Green Hills Mall as it continues construction work on 130,000 square feet of new retail space throughout 2018, said Green Hills Mall General Manager Kimberly Shadwick.

"We are reinvesting \$200 million in this important community asset to keep it fresh and inviting. Customers want to see and feel merchandise, and they also want to come together to dine and have special experiences," she said.

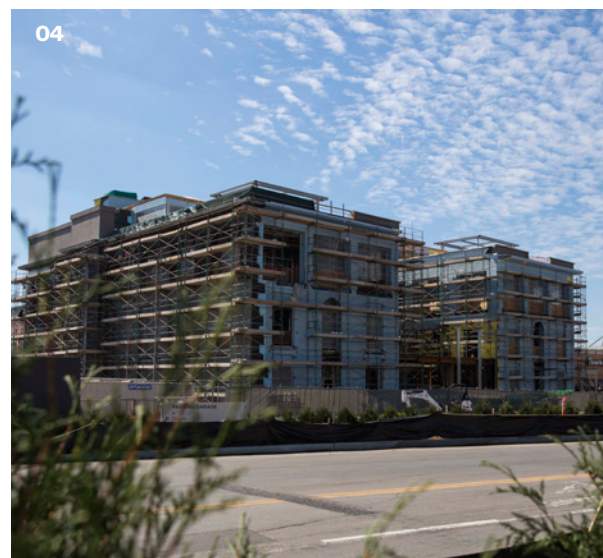
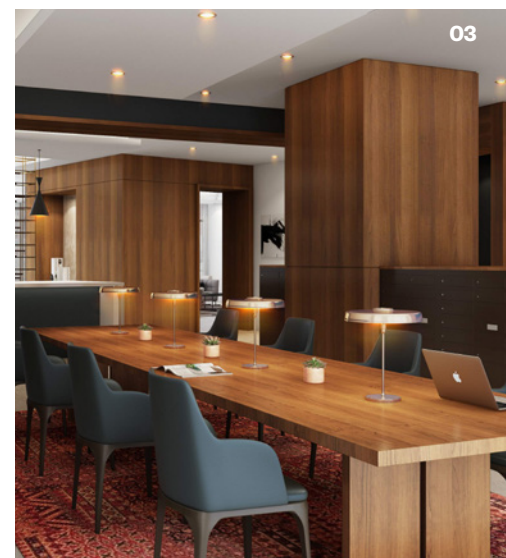
While online shopping has risen over the years, it's those experiences that keep people coming back to brick-and-mortar retail and make Green Hills a popular destination for shoppers, she said.

"Today's most successful malls in America are located in dense markets with high wealth and

significant tourism – The Mall at Green Hills is such a center. The music industry paired with an exciting fashion culture, makes Nashville one of the most important shopping markets in the region. When leasing the mall, we curate the right retail and restaurant mix for the market to drive interest and traffic."

Currently the mall has more than 100 retailers and restaurants, Shadwick said. The new wing will allow the mall to expand its strong mix of luxury, contemporary and fast fashion brands, as well as additional restaurant offerings, she said.

"We are also thrilled to be welcoming a new approximately 60,000-square-foot Restoration Hardware Gallery store in mid-2018," she said. "The Restoration Hardware Gallery will be the first of its kind in Tennessee."



- 01 Rendering of the Belle Grand project at completion.
- 02 Rendering of the completed Vertis Green Hills project.
- 03 Interiors of the residences at Vertis Green Hills.
- 04 Green Hills Mall now under construction.
- 05 Interiors of the residences at Vertis Green Hills.



'Green' is the new black

Local sustainability expert describes how his family made their home go green

When Dodd and Susan Galbreath were looking to move to a new home in 2008, they had a few criteria different from most home buyers.

"We wanted to practice what I teach and make it a bit of a learning environment for me as a practitioner of sustainability because your residential life is where we can all have the biggest impact (on the environment)," said Dodd Galbreath, executive director of Lipscomb University's Institute for Sustainable Practice, chairman of the Livable Nashville Subcommittee on Climate and Energy and vice chairman of the Metro Stormwater Management Committee.

And that's how 801 Lealand Court became a model "green" home in the Green Hills/Oak Hill area. Drivers on Lealand Lane may have noticed the rare native landscaping on the street side and the solar panels on the rear roof.

The first green decision made by the Galbreaths was to choose an existing home for themselves and their two children, as close to work as possible. "We were fortunate to find a new construction home but it also meant we had to 'green it up' quite a bit," Galbreath said.

Two sets of solar panels, hundreds of native plants, 58 energy efficient light bulbs and several Energy Star-certified appliances later, the Galbreaths have greatly reduced their energy footprint, created a spongy landscape to prevent flooding and reduced their overall waste.

The Galbreaths' 3,900-square-foot home was even featured on a green home tour in in 2011-2012 hosted by Cumberland River Compact and the Middle Tennessee Green Building Council.

You too can take steps to make your home "greener" and more sustainable. According to

Galbreath, anyone interested in making their home more environmentally sustainable should focus on activities in three areas:

Energy Use

"Homeowners can avoid the highest expenses of energy use and protect our future by addressing both energy supply and demand. This means plugging energy "leaks" and the ultimate freedom, generating your own energy," he said.

The Galbreaths reduced energy costs by ensuring that every new appliance was energy-effective. Since the home already had ample insulation and modern windows, the best way to do that was to purchase Energy Star certified appliances, Galbreath said. He recommends a front-loading washing machine, which uses less water because the basket is turned on its side. They are also easier to load and unload, he said. He also recommends gas stoves, which use less energy.

Galbreath cited a 2017 Consumer Reports article that noted "washers, for example, use about 70 percent less energy and 75 percent less water than a standard washer from 20 years ago, saving up to \$500 per year. Today's refrigerators use 75 percent less energy, air conditioners 50 percent less, and dishwashers 40 percent less."

The Galbreaths create their own carbon-free energy with solar panels. Any homeowner should first make sure that their home is not covered by tree or building shade and that the roof is large enough to hold enough solar panels. The ideal is to have a large portion of the home facing south, as the Galbreaths' home does, he said.

Also consider whether you plan to be in the home long enough for solar to pay back, which could take between seven and 20 years, depending on whether you invest in a personal system or a community solar farm, Galbreath said. Nashville Electric Service plans to provide rate payers with Nashville's first solar farm option sometime in 2018, he said.

The price of solar is falling all the time. Galbreath noted that 10 years ago, he got bids up to \$50,000 for his first set of solar panels. But in 2016, the couple installed the same number of panels for less than 20 percent of that first bid.

Galbreath recommends finding a veteran solar business which also understands basic electrical contracting to make for a smooth installation and upgrade.

The family's solar panels currently cover all their electricity needs, except heating the home in the winter with natural gas, providing a capacity of 7,300 watts. "Our total electricity bill is less than \$150 per year and our solar expansion means we'll make money this year selling electricity," Galbreath said.

Water Management

801 Lealand Court is on a high-elevation lot, an important consideration for water management, said Galbreath.

"Being a water professional and particularly after the Nashville flood (in 2010), I know how important hill lands are to reducing the first gallons of water that rapidly add up to increase floods. I wanted to make our yard as spongy as possible with the least amount of cost for mowing grass," said Galbreath.

To do this, they created three rain gardens, several mini-forests with shrubs, a pervious patio addition and a mini meadow. This has reduced their water runoff by roughly 35 percent, he said.

In redesigning the yard, they first recycled the existing landscaping (about 50 plants) by keeping

it or moving it better locations. Then they added more than 800 plants, mostly native to Tennessee, Galbreath said.

"Plants that have a history in our area will stretch your dollar further since they already know how to survive in local soils, droughts, pests and freezes and they require less trimming and fertilizer," he said.

"The plants available to homeowners in the past were bred for looks and in the process, lost their much of their natural food and water trapping value. These exotic showy plants require more trimming and attract browsing deer where they didn't roam previously. Diverse native plants have deeper roots, from 6 to 20 feet where soils allow, absorbing water and enabling denser cover and 'super food' for smaller animals and migratory birds and butterflies."

Living the Simple Life

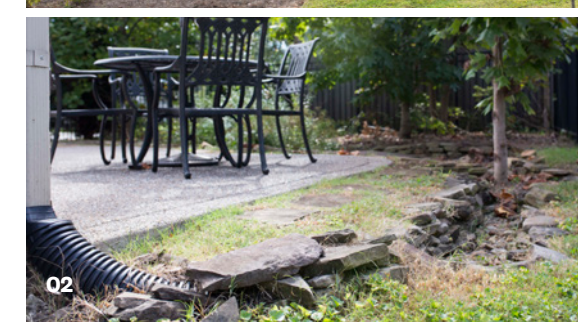
In addition to energy production and landscaping, the Galbreaths worked to green their personal behaviors and their home operation when they moved to Lealand Court.

When they moved in, they traded the home's brand new 90-gallon tank water heater for a tankless one that heats only the water they use in the moment. They also added motion sensor switches in the kid's rooms.

Currently they own two hybrid cars, one of which has an all-electric range of 50 miles for neighborhood driving, and they use all electric or manual yard tools. "I used to get my exercise mowing the yard with a mechanical lawn mower," Galbreath said. "I learned very quickly that mowing one-third of an acre is much more of a workout than I expected!"

"We do shop, consume and travel abroad but it is very fair to say that my vocation and, perhaps more importantly, four pairs of Depression-era grandparents have instilled in us a 'buy less and buy durable' ethic," he said. "We are all home bodies who love our down time, love our neighborhood and the things we can find nearby or online.

"My goal is to help our city transfer tested solutions into public policy as we prepare for an even brighter future in Music City," Galbreath said.



- 01 The Galbreaths' home.
- 02 These gutters, pipes and rooks are part of the irrigation system that captures rainwater and delivers it to the rain garden.
- 03 Solar panels provide the most energy when facing south.
- 04 Native plants reduce the amount of run-off from the property.
- 05 The Galbreaths' own one hybrid and one short-range electric car.

"We wanted to practice what I teach."

A night out? Make it dinner... and a show

Green Hills has no shortage of great places to eat. Add an exciting performance from Lipscomb University's College of Entertainment & the Arts and you've planned the perfect evening.

Upcoming performances include:

Jan. 20: *Elevate*, the Foundation Dance Theatre's annual eclectic performance

Jan. 22: Art show opening reception featuring three of Nashville's best artists

Feb. 15: *S'Wonderful*, a vocal concert featuring the popular works of George and Ira Gershwin

Feb. 16-25: *On the Verge*, comedic theatre at its best

March 5: *Imani Winds*, Grammy-nominated wind quintet

For a complete listing of arts and educational events at Lipscomb University visit events.lipscomb.edu.

